

NOTE: As provided in LFC policy, this report is intended only for use by the standing finance committees of the legislature. The Legislative Finance Committee does not assume responsibility for the accuracy of the information in this report when used for other purposes.

The most recent FIR version (in HTML & Adobe PDF formats) is available on the Legislative Website. The Adobe PDF version includes all attachments, whereas the HTML version does not. Previously issued FIRs and attachments may be obtained from the LFC in Suite 101 of the State Capitol Building North.

FISCAL IMPACT REPORT

SPONSOR: Campos DATE TYPED: 3/12/03 HB _____

SHORT TITLE: Improve Youth Eating Habits & Exercise SB SJM 33

ANALYST: Dunbar

APPROPRIATION

Appropriation Contained		Estimated Additional Impact		Recurring or Non-Rec	Fund Affected
FY03	FY04	FY03	FY04		
	NFI				

(Parenthesis () Indicate Expenditure Decreases)

Duplicates

SOURCES OF INFORMATION

Responses Received From
 Department of Health (DOH)
 NM State Department of Education (NMSDE)

SUMMARY

Synopsis of Bill

Senate Joint Memorial 33 requests that the Department of Health (DOH) and the State Department of Education (SDE) work collaboratively to make recommendations to increase physical activity and improve the eating habits of youth in New Mexico. SJM 33 further requests that DOH and SDE implement those strategies that can be implemented administratively. Also, the departments are to report to the appropriate interim committee strategies that would require legislative approval or funding to implement.

Significant Issues

Overweight and obesity have reached nationwide epidemic proportions. During the past two decades, the percentage of children (age 6-11) who are overweight has nearly doubled from 7% to 13%, and the percentage of adolescents (age 12-19) has almost tripled from 5% to 14% (U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001).

Senate Joint Memorial 33-- Page 2

Overweight adolescents have a 70% chance of becoming overweight or obese adults. Overweight or obese adults are at increased risk for many health problems including heart disease, type 2 diabetes, high blood pressure and some forms of cancer.

Overweight in children and adolescents is generally caused by a lack of physical activity, unhealthy eating patterns, or a combination of the two, with genetics and lifestyle both playing important roles in determining a child's weight. A balance of healthful eating and regular physical activity are needed to achieve and maintain healthy body weight.

Activities to address the issue of childhood obesity have already begun in New Mexico. The New Mexico Coalition to Promote Physical Activity and Nutrition has recently formed to focus on the challenge of childhood obesity in our state using the guidelines and recommendations provided by CDC and the Surgeon General. The coalition includes representatives from the SDE, DOH, state universities, non-profit organizations and concerned citizens. The coalition is seeking funding to implement the recommendations and strategies that currently exist. The DOH is preparing a grant request in response to a CDC announcement to establish state Nutrition and Physical Activity Programs to Prevent Obesity and Other Chronic Diseases.

ADMINISTRATIVE IMPLICATIONS

Current DOH staff would be able to work collaboratively with SDE to make recommendations as mandated in SJM 33. However, it is anticipated that implementation of recommendations would require additional resources in funding and staff.

RELATIONSHIP

SJM 33 relates to HJM18 which requests that the Department of Health (DOH), New Mexico State University (NMSU), University of New Mexico (UNM) and the State Department of Education (SDE) include broad participation to study and identify the health and educational benefits of selective nutrition choices in food and beverages in public schools.

OTHER SUBSTANTIVE ISSUES

Healthy eating patterns and increased physical activity in childhood and adolescence promote childhood health, growth and intellectual development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries. These activities may prevent long-term health problems, such as coronary heart disease, cancer and stroke. Promoting healthy behaviors among students is an important part of the fundamental mission of schools--to provide young people with the knowledge and skills they need to become healthy and productive adults. Improving students' health can increase students' capacity to learn, reduce absenteeism and improve physical fitness and mental alertness. While the overarching goal of such programs is to prepare students to adopt active and healthy lifestyles, they also indirectly enhance children's reading and math performance by improving mental alertness, reducing stress, and enhancing self-esteem.

Type 2 diabetes, previously considered an adult disease, has increased dramatically in children and adolescents. Overweight and obesity are closely linked to diabetes. In New Mexico, a disproportionate burden of diabetes and obesity is found amongst our Native American and Hispanic youth.

In addition to diabetes, obese children have a high incidence of orthopedic problems, liver disease, and asthma. Obesity-associated diseases for youth (6-17 years of age) that have resulted in hospitalizations include diabetes, gallbladder disease, sleep apnea, asthma and some mental disorders. Nationwide, obesity-associated hospital costs (in 2001 dollar value) increased from \$35 million during 1979-1981 to \$127 million during 1997-1999.

DOH mentions that while SJM 33 calls for “a study of methods to increase the physical activity and eating habits of youth,” a number of prominent public health organizations have already studied and released recommendations for public health approaches to the increasing obesity problem. A prime example is the 2001 U.S. Surgeon General’s “Call to Action to Prevent and Decrease Overweight and Obesity.” The Surgeon General identifies 15 activities as national priorities for immediate action for the prevention and treatment of overweight and obesity. Priorities that specifically address youth obesity include ensuring daily quality physical education in all school grades, and ensuring that schools provide healthful foods and beverages on campuses and at school events.

DOH reports that the Centers for Disease Control and Prevention (CDC) has published “Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People” (2000). These guidelines were developed in collaboration with experts from other federal agencies, state agencies, universities, voluntary organizations, and professional associations. The guidelines are based on an extensive review of research and practice and are available for implementation at the state and local level.

In New Mexico there are several agencies and community based organizations that are developing strategies to address nutrition and physical activity issues in schools. Included in discussions are the following organizations: the School Health Unit of the SDE, the Healthier Schools Coalition, the Chronic Disease Council, the Diabetes Advisory Council, the NM Coalition to Promote Physical Activity and Nutrition, the NM Dietetic Association, Nutrition Partnerships, Action for Healthy Kids Community Project, the New Mexico Association for Health, Physical Education, Recreation and Dance, the Navajo Nation Coordinated School Health Program, the UNM Prevention Research Center, and the OSH.

BD/yr